

NC STATE

Counseling Center

FALL 2016 GROUPS

How can I join a group? Call us at 515-2423 or just stop by the counseling center and ask!

Fear-Less:

Do you suffer from Anxiety? Learn skills to successfully manage your anxiety using a structured Cognitive-Behavioral Therapy approach. For Undergraduate students. Time/Day TBD

Mindful Living:

Learn to manage stress and build a greater awareness around self in 4 weeks using effective mindfulness techniques. Time/Day TBD

SOS (Sustaining Our Selves):

Learn practical, empowering skills to better manage intense, painful emotions such as anxiety, frustration, sadness, fear, anger and hurt. Thursdays 3-4:30pm

Graduate Women's Support:

Give and receive support around the unique challenges graduate school presents to women both professionally and personally. Mondays 2:30-4pm

Perfection Trap:

Examine identity issues, self-esteem and body image concerns, relationship issues and academic expectations related to perfectionism. For Graduate women. Mondays 3-4:30pm

Survivors:

A group for undergraduate women who have experienced traumatic life events. Members will learn insights about how past experiences impact their current life and learn skills to manage emotions. Thursdays 3:00-4:30 pm

Understanding Self and Others:

Let your guard down. Talk honestly about what worries you. Receive and offer support. In these groups, you can learn about how you relate to others and experiment with new ways of relating. In the process you can grow as a person and learn how to develop more satisfying relationships. Groups are available for both Undergraduate and Graduate Students Monday-Friday!

Substance Use & Other Addictive-type Behaviors:

Come As You Are:

Work on making healthier alcohol/drug/gambling/internet/and gaming decisions. Students explore how use has led to difficulties, affects behavior, and ways to prevent recurring problems. Tuesdays 1:30-3:00 pm

Relapse Prevention:

Maintain abstinence from addictive behaviors, including substance use, gambling, and gaming. You will be in a supportive and safe place, among other students in recovery, where you can develop strategies and tools to support your own recovery. Wednesday 3-4:30pm

GAP: Group Alcohol Psycho-Education:

Learn how to manage alcohol effectively. Focus is on coping skills, interpersonal support, and healthy lifestyle. No judgment! Mondays 3-4:30pm

GLBTQ Groups:

Pride Counseling Group:

Explore life issues, worries, and concerns in a small, safe, confidential setting. Share support and caring with other students in the GLBTQ community. Mondays 4:30-6pm

Transcending and Connecting:

Connect, explore, and learn with other students of trans* experience. Give and receive support. The focus is on connecting with others and exploring identities in a safe space. Wednesdays 2:30-4pm

International Student Success:

We welcome our NCSU students from across the globe! Share support and ideas, improve productivity, and strengthen coping skills for emotional well-being and academic success. Tuesdays 3-4:30pm

Women of Color:

Explore and discuss topics related to identity, emotional and social health, role expectations, and relationships as a woman of color—with other women in a safe and supportive setting. Time/Day TBD

Men of Color:

Explore and discuss topics related to identity, emotional and social health, role expectations, and relationships as a man of color—with other men in a safe and supportive setting. Thursdays 2-3:30pm

Exercise is Medicine:

Exercise is a powerful tool— use it to address anxiety and depression. This innovative group is a collaboration with the Rec Center and will involve group exercise, paired with group processing and support. Time/Day TBD

Wellness Support:

For students with chronic medical concerns. Receive and give support. Share ideas and strengthen your skills to succeed. Time/Day TBD

Eating Disorder Recovery:

The Eating Disorder Recovery (EDR) Group aims to foster a safe, supportive space for students who have struggled, or are struggling, with disordered eating thoughts and body image concerns. Thursdays 2:30-4:00